

Verner  
West &  
Central

5/16 - 5/20  
2022

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G Turkey Sausage <b>Strawberries</b> Milk V: Egg Patty	Turkey Soft Taco on Whole Wheat Tortilla *G <b>Lettuce</b> and <b>Tomato</b> <b>Corn</b> Kernels <b>Mango</b> Salsa Milk V: Tempeh Taco	Trail Mix w/ Dried <b>Cranberries</b> & Sunflower Seeds *G <b>Mandarin Oranges</b> Water
TUESDAY	Whole Grain Waffle *G <b>Strawberry</b> Syrup <b>Blueberries</b> Milk	Sweet and Sour Chicken Brown Rice <b>Broccoli</b> <b>Pineapple</b> Milk V: Sweet and Sour Blackeyes	<b>Carrot</b> Sticks w/ Greek Dill Dip *D Whole Grain Soft Pretzel *G Water
WEDNESDAY	Multi-Grain Cheerios <b>Peaches</b> Milk	Tuna Triangles *D Whole Grain Breadstick *G <b>Butter Beans</b> <b>Strawberries</b> Milk V: Boiled Egg	<b>Roots Hummus</b> Whole Wheat Crackers *G Water
THURSDAY	Whole Grain Biscuit *G Egg Patty <b>Cantaloupe</b> Milk	<b>Spinach</b> Pesto Pasta Salad with Mozzarella Cheese *G *D <b>Sweet Potato</b> Fries <b>Blueberries</b> Milk	Ladybugs on a Boat: <b>Apple</b> Slices Sunbutter Dried <b>Cranberries</b> Water
FRIDAY	<b>Lemon Raspberry</b> Muffin *G <b>Banana</b> Milk	Dilly Egg Salad *V Whole Wheat Bread *G <b>Lettuce</b> <b>Oranges</b> Milk V: Garbanzo Salad	<b>Pumpkin Pie</b> Yogurt *D Whole Grain Graham Crackers *G Water

\*G = Gluten Free option

\*V = Vegetarian option

\*D = Dairy Free option

Fruit and Veggie Color Groups: **Red** • **Yellow/Orange** • **Blue/Purple** • **Green** • **White**

Unflavored Milk Served  
 1 year olds: Whole  
 2-5 year olds: 1%



Verner is an equal  
 opportunity  
 provider.